

Goal of Human Life

Volume - 3

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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First Edition 2023

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Printer : Jayashree Printers
At:- Old Palace Road,
P.O/Dist:- Bolangir, (Odisha)
PIN - 767 001
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Soft copy edition 2023

This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Introductory Write-up No. 2

Goal of Human Life

(Inaugural Address to Modern Students by Swami Sivachidananda Saraswati)

(Author's Note: During one 04 Days Student Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019 for guidance of their students, Shri Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary, Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered the inaugural address to the participating students on the topic "The Goal of Human Life".

The said inaugural address of Shri Swamiji is highly enlightening and greatly inspiring. The said address is considered extremely valuable and profoundly beneficial for our modern students. Therefore, the said inaugural address has been collected and reproduced below, with the kind consent of Shri Swamiji, for study, guidance and benefits of our modern students all over.

I most earnestly and fervently pray to our modern students to kindly study the said inaugural address carefully and meticulously, with due earnestness and great interest, and utilise the same for their great personal benefit.)

The above inaugural address of Shri Swamiji is reproduced as under:-

Goal of Human Life

Universal Prayer

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Be good. Do good. — Swami Sivananda

candidates in socially renowned and economically wealthy families. They make vigorous efforts to earn more and more money and acquire more and more material assets such as land, bungalow, motor cars, gold ornaments, modern household gadgets, electronic equipments like television, freeze, air conditioner, washing machine, etc. and intend to live a luxurious life. They also go on trying to fulfill their multiple numbers of ever-increasing worldly desires. This is their worldly goal of life. This is known as the secular goal of life.

By achievement of such secular goal, they want to get happiness and peace in life. But human experience since inception of existence shows that such comforts, luxuries, worldly happiness and sensual pleasures do not give lasting happiness and eternal peace in life. While worldly happiness does not last long, it ultimately brings sorrows and sufferings only in life. The hope to get peace remains as a hope only. This is one phenomenon.

Another phenomenon is that all human beings, knowingly or unknowingly, always seek happiness that will last permanently and peace that will be eternal in human life upon this earth plane. But they do not know where to and how to get the same and therefore, they continue to suffer life-long. In this way, they go on earning, eating, enjoying, sleeping and suffering, and one day, they leave this earth plane in utter unhappiness and peacelessness. Thus, they live their precious human life in vain. This has been the phenomenon in human life from the very beginning of human existence; and more so, in the modern times.

But, is there not a higher goal of human life than this secular goal ? Is there not a nobler goal worthy of being achieved by all human beings ? In this connection, a song which is frequently sung by my Spiritual Master His Holiness

Shri Swami Sivananda Saraswai, the great, illustrious, world-renowned Saint and the Founder-President of The International Divine Life Society, Rishikesh, India, comes to my mind. He sings:-

"Is there not a nobler mission than eating,
drinking and sleeping ?
It is difficult to get a human birth,
therefore try to realise this in this birth.
Time sweeps away Kings and Barons,
where is Judhisthira?
Where is Ashoka? Where is Nepolean ?
Where is Hitler ?
Where is Kalidas, Where is Shakespear ?
When your throat is choked at the time of death,
who will help you for your salvation ?
Be up and doing in yogic sadhana,
you will attain eternal peace, infinite bliss.
Be up and doing in *Brahma vichara*,
you will attain immortality."

Our ancient Indian Culture or *Bharatiya Sanskruti* envisages and provides for attainment of a higher goal of human life, a noble goal, a lofty goal, a worthy goal, a great goal of human life. According to our *Bharatiya Sanskruti*, human life is not meant for mere earning, eating, enjoying, sleeping and suffering and one day, leaving this earth plane in futile. Rather, as our Holy ancient Spiritual Scriptures and our Great Saints and Sages say time and again, human life upon this earth plane is meant for achievement of the higher goal of life. That higher goal is to get liberation of one's individual soul from the bondage of the physical human body and from the cycle of births and deaths once for all. This is called *Moksha* or God-realisation. This is also called attainment of immortality. My Spiritual Master His Holiness Shri Swami

Sivananda Saraswai emphatically says time and again that "The Goal of life is God-realisation", and that "Attain this in this present birth itself". This higher goal is called Spiritual Goal of Human Life. This is the True Goal of Human Life. Achievement of this higher goal of life results in attainment of permanent happiness and eternal peace which every human being seeks to. Accomplishment of this higher goal also results in permanent cessation of sorrows and sufferings in human life. This higher goal of human life ought to be achieved by all human beings in their own interest and for their highest welfare and supreme good.

However, our ancient Indian Culture or *Bharatiya Sanskruti* does not rule out achievement of the worldly goal or secular goal of life, which is necessary for living a reasonably comfortable life upon this earth plane. The only thing which our ancient Indian Culture or *Bharatiya Sanskruti* prescribes is that Spiritual Goal is the primary goal of human life and Secular Goal is the secondary goal only. Therefore, human beings, while achieving the secular goal, ought to simultaneously achieve the spiritual goal. They ought to give topmost priority to achievement of the Spiritual Goal rather than the Secular Goal. Thereby, they can live both an economically prosperous life as well as a spiritually happy and peaceful life upon this earth plane. Thus, they can live their precious human life successfully and ideally.

Blessed students ! Please understand this point well, think over the same calmly, carefully and deeply, and then decide your goals of life accordingly.

I invoke the Choicest Blessings of the Almighty Supreme Lord and all *Rishis*, *Munis*, Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs upon you to enable you to decide your goals of life rightly and achieve the same successfully.

God bless you all !

Questions - 1

1. Please write the "Universal Prayer". (Marks - 10)
2. In which period of human life its goal is decided ? What is the purpose of deciding the goal of life ? (Marks - 5)
3. Please describe the secular goal of life. (Marks - 10)
4. What is the ultimate consequences of achievement of secular goal of human life ? (Marks - 5)
5. What do all human beings, knowingly or unknowingly, always seek in their lives ? Why do they seek the same ?
(Marks - 5)
6. How or in what manner do human beings live their precious human life in vain from the very beginning of human existence and more so, in the modern times ? (Marks - 5)
7. Please write the Song on life's nobler mission as sung by Swami Sivananda Saraswati. (Marks - 5)
8. What is the higher goal of human life according to our Indian Culture or *Bharatiya Sanskruti* ? By what name is this higher goal known ? (Marks - 5)
9. What are the consequences or benefits of achievement of the spiritual goal of human life ? (Marks - 5)
10. Which goal of human life is primary and which one is secondary according to our Indian Culture or *Bharatiya Sanskruti* ? (Marks - 5)
11. In what manner can human beings live their lives upon the earth plane by achieving both secular goal as well as spiritual goal ? (Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Click - <Advance Search>. A box of fields will appear on the screen
- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).